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Leap back in time



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Man behind the lens



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Safer streets



# thenewhammag

issue 200 // 23 July to 6 August 2010



## Jaw-droppingly good

Mayor's Newham Show (p20)

# Recycling is going to get a whole lot easier!



**You told us you wanted a better recycling service in Newham.**

We've listened to you, so we're going to introduce new bins for recyclable waste, including cardboard by spring 2011.

Look out for updates about these changes in the Newham Mag, at [www.newham.gov.uk/recycling](http://www.newham.gov.uk/recycling) or by calling **020 8430 2000**.





Welcome to our 200th issue of the Newham Mag! Since launching in September 2000 the Mag has been bringing you news from across the borough. In this issue we're celebrating the great ways we all get together

– from the Mayor's Newham Show picture special (p20) to news of this year's Under the Stars music extravaganza (p16). We're also launching a regular history feature (p12) so that while we report on all the progress we're making today we can look back on the foundations on which our borough is built.

*Cllr Neil Wilson*

*Executive member for equalities and social inclusion*

**Don't forget** – If you live in Beckton, Green Street, Manor Park, Plaistow and Stratford and West Ham community forum areas, look inside for local news and events in In Focus.

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**Don't forget to recycle your Newham Mag once you've read it**

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## IN BRIEF //

### Free building materials from Olympic site

Excess or unwanted building material from the Olympic site is being offered free to community groups. The type of material available varies depending on what is being used on the site at the time but often includes bricks, timber and insulation. If your community group is interested call 020 8404 5044 or email [tom.hill@bioregional.com](mailto:tom.hill@bioregional.com)

### More Power 2 our youngsters

If you're aged under 21 and you'd like to share your views on the services offered to you by the council don't miss the annual More Power 2U event on Thursday 5 August.

Decorate yourself with a henna tattoo, express yourself with T-shirt painting and fill up with some delicious BBQ food.

The event is especially aimed at young people looked after by the council but any young Newham resident who would like to know more about services offered by the council, or share their experiences of them, is welcome.

The event is at New City Primary School, New City Road, E13, from 11am-4pm. For details call 020 8430 6216.

### Chief executive departs

After two successful years as chief executive, Joe Duckworth has announced that he will be leaving Newham Council later this summer.

Joe said: "I have enjoyed my time with the council but after two hectic years I have decided to take my career in a new direction and to seek new challenges."

Mayor Sir Robin Wales said: "Joe has brought great energy to the council and I am delighted that together we have improved so much for residents. Newham wishes him the very best for the future."

Kim Bromley-Derry, executive director for children and young people, will replace Joe as acting chief executive.

## Leaders in rail plea for Stratford

International and UK businesses have teamed up with Newham Council to urge the coalition government and Transport Secretary Philip Hammond to ensure Stratford becomes an international railway hub.



Sir Robin with Lord Heseltine, right, and business leaders

Mayor Sir Robin Wales was joined by the chief executives of ExCeL and AEG Europe, as well as representatives from Westfield and Canary Wharf, to call for Stratford to be the key link between the UK's high speed rail network and the continent.

Sir Robin told an audience at City Hall, which included rail upgrade advocate Lord Heseltine, that "despite an already huge £210m public investment in Stratford International Station, currently there is no major international transport hub in east London".

He added: "There is an economic case for international services to be run from Stratford International from 2012."

## Brake put on rogue car sellers

Car dealers who have turned roads into sales lots are being targeted by the council.

Officers are cracking down on bogus traders who sell cut-price cars – often not roadworthy – from kerbside hotspots.

The illegal trading is also taking away parking from residents. Some roads have up to 50 cars parked up which are for sale illegally. Each contains a contact telephone number displayed in the window for buyers to call if they are interested.

Councillor Unmesh Desai, executive member for crime and anti-social behaviour, said: "These sellers are out to make a quick buck and what they are doing is against the law. They do not care that they are causing a nuisance. They are also putting people's lives at risk as they are often selling vehicles that are not roadworthy."



Cllr Desai warns sellers





# News

## Laying down the law for fly-tipper



Tyres dumped at Pudding Mill River

Fly-tipper Malcolm Regan has been warned that he faces jail for dumping hundreds of thousands of tyres, costing the taxpayer more than £1m to deal with.

Regan, 44, ditched a huge haul of rubber on the Olympic site in Stratford and even piled tyres against the back door of nearby Stratford Magistrates' Court. He also fly-tipped at the Pudding Mill River in Stratford and at a warehouse in nearby Marshgate Lane.

He admitted a string of waste dumping charges when he appeared at Blackfriars Crown Court with Michael Briggs, 29, and Anthony Gustave, 32, both from Hackney. Newham Council officers have been investigating Regan, from Bow, since August 2006. The three will be sentenced on 9 August.

## Slippery customer is removed

Mother-of-two Kamaljit Sanghu has praised a council pest control officer after he removed a snake she found in her Stratford home.

Kamaljit found the small corn snake coiled up on her kitchen floor while she was doing the dishes. She called the council who sent pest control officer Paul Boller to her property.

Kamaljit said: "I was absolutely terrified when I realised it was a snake on my kitchen floor. At first I thought someone was playing a trick on me, but then I saw it move and knew it was real.

"I don't know what I would've done if the pest controller wasn't available. There's no way I was going to try and get rid of it."



Paul, Kamaljit and the snake

## Early learning is praised

Children and Families' Minister Sarah Teather visited St Matthew's Pre-School in Stratford to launch the coalition government's review into early years learning.

The government wants to make sure the curriculum for young children is based on the best and latest research on children's development.

Executive member for children and young people, Councillor Quintin Peppiatt said: "Newham can be proud of what we have achieved under the current Early Years Foundation Stage.

"St Matthew's Pre-School is a perfect example of an early years' education provider that is giving children the best possible start in life. I hope the government's announcement will help us to build on the successes we've already had."



Cllr Peppiatt and Sarah Teather at the Pre-School

# Two years to go and



The colourful carnival parade was a spectacular success with youngsters

Tuesday 27 July marks two years to go to the London Olympics. In Stratford the physical evidence is there for all to see with the park well ahead of schedule to be completed in time for the Games – and on budget.

What you can't see though is the progress being made on how the Games will actually be run. This is the responsibility of Seb Coe and his team at LOCOG, whose board I sit on.

*"We have achieved much but there is more to be done and we will keep fighting for our residents"*

The money to run the Games does not come from the taxpayer and it has to be privately funded. Much of it has already been raised through sponsorship. In addition, there is a huge amount of planning required to make sure the Games run really well and I am impressed with the professional way this is being done. I am sure the Games will

be a terrific success.

But of course, what we in Newham are interested in is the legacy which is left after the spectacle of the Games leaves town.

There are three key issues we are facing. One is the physical development and how we can use the Olympic Park after the Games. The battle to ensure a permanent legacy for local people has been led by the five Olympic Host Boroughs – (Newham, Tower Hamlets, Hackney, Waltham Forest and Greenwich). We set up this organisation, which I chair, to fight for local people. We have



achieved much but there is more to be done and we will keep fighting for our residents.

Incidentally, one of the most interesting areas to keep your eye



Get set for 2012 with Olympians Sally Gunnell, left, Tessa Sanderson and Young Mayor Kaycee de Belen



## Mayor's view



# on track to success

on is the docks round ExCeL, the international exhibition and conference centre. I think we might see the place blossom into an area that will be a real pleasure for Newham people to visit.

**“We want to inspire people to apply for jobs and we will provide lots of support to them”**

The second issue is to expand participation in sport and activity. We believe that when we take part in sport, music, dance and other activity it enriches our lives. This is particularly important for young people – participation in some form of activity has a significant positive benefit to the young person.

We are working hard to promote this



through investment in our sports facilities and our promise to continue offering free swims to young and old despite the government cutting the money they gave to this programme. And we continue to provide the largest programme of free sport and activity in London.

Thirdly, and for me the most important issue, is how to use the Games to inspire our people. We have 18,000 people who have never worked. Without a job and an earned income people's lives are impoverished. We want to use the Games to inspire everyone to try for more – to work to improve their lives. We want to inspire people to apply for jobs and we will provide lots of support to them through our highly successful Workplace programme which has already helped 4,000 people into work.

During the Games we are going to make sure our people have fun and we will run events which will make people

feel part of their local communities – getting to know each other in an active and connected community. That is the Newham we are aiming for. That is what we saw over the Mayor's Newham Show weekend.

**“We are going to make sure our people have fun and we will run events which will make people feel part of their local communities – getting to know each other in an active and connected community”**

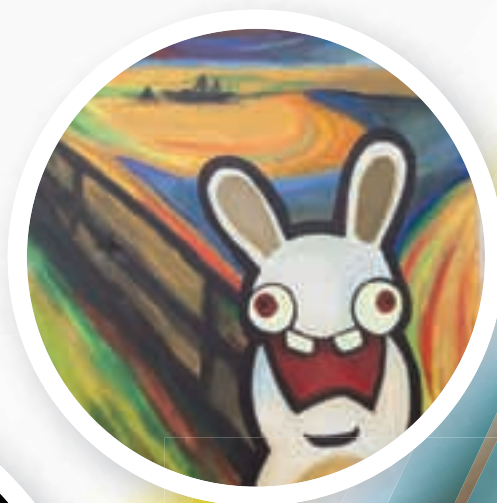
Almost 50,000 of us gathered for a wonderful family event with something for people of all ages to get involved in. I'm already looking forward to next year.



## with Sir Robin Wales

# WE ARE THE CHAMPIONS

The Olympic and Paralympic Games are about more than the world's best sports people competing for gold. Alongside every event there are a set of values that underline each one.







(l-r, Tessa Sanderson, Sir Robin and Values Champions Yvette Jarvis (St Angela's) and Maria Lewington (New City)



Courage, determination, equality, excellence, friendship, inspiration and respect. These values have been adopted by all of our 91 schools, colleges and learning facilities, including the University of East London (UEL), and are being spearheaded by a group of champions; everyday individuals who are tasked with bringing the values to life.

The Values Champion is usually a teacher in the school who takes the lead and explains what opportunities for learning the Games bring.

In Newham, learning about the values has ranged from a fortnight of Olympic and Paralympic enlightenment with visiting Olympians at Carpenters Primary School, E15, to a determined commitment by Rokeby School, E15. Rokeby have embedded the values in the school's learning plans, ready for when they move to their new building in E16.

## VOLUNTEERING

As well as the school activities, ten young people have been chosen to represent Newham as a London 2012 Young Leader. As well as being a beacon for the Games, the group will have training and mentoring in leadership and volunteering skills. As long as they're committed to the programme, they'll be guaranteed a significant role in the Olympic and/or Paralympic Games in 2012.

Inspiration filled the air last month as more than 7,000 children and young people took part in arts and sports events across the borough. Highlights of the Inspiring Young People festival included a concert of more than 500 singers performing at the Royal Festival Hall and the Values Ceremony where around 1,000 children and young people re-pledged to the values and took part in the choreographed BIG Dance. Theatre and art project, called A Nice Day Out saw primary children learn about the historic Princess Alice pleasure boat disaster and devise a stage performance which wowed an audience of friends and family at Stratford Circus. The Newham Art Exhibition also saw more than 2,000 pieces of young people's art work displayed at UEL.

## BRINGING THE VALUES TO LIFE

### *New City Primary School, E13: Respect*

"The Olympic value of respect is embedded in everything we do. The pupils have appointed playground peer mediators and have recently set up a



Fairtrade Steering Group to ensure that respect and fairness is observed by the whole school community.

"We've also set up a senior citizens' group in our Outreach Centre which allows the school to demonstrate respect for elders. Most recently, the school held a Cultural Diversity Day to celebrate the respect we show to each other." *Values champion, Maria Lewington*

### *Hallsville School, E16: Friendship*

"At Hallsville our Year 3 children have embraced the friendship value, which has been taught using enquiry and the exploration of ideas.

"Some of our children are Playground Friends. They make sure younger children are not lonely during break times and always have someone to play with."

*Values champion, Evan Hollows*

# Ready and cable

## - new heights for the Royal Docks

**What could Newham soon have in common with places including Barcelona, Cologne, Hong Kong, and New York?**

All these leading cities currently operate cable car systems – and plans have been unveiled for the UK's first urban cable car that would cross the River Thames between the Royal Docks and Greenwich Peninsula.

The proposal by Transport for London is for a fully accessible cable car for pedestrians and cyclists that would cut travel times between the ExCeL London

centre and the O2 arena, two major Olympic and Paralympic venues.

The cable car system would cross the river at a height of more than 50m, offering spectacular aerial views of the Olympic Park and along the Thames. It would take around five minutes to travel between the two venues, crossing every 30 seconds and carrying up to 2,500 passengers per hour in each direction.

The aim is to fund the construction of the scheme entirely from private finance and discussions are ongoing with a number of private sector organisations.

Newham Council has ambitious plans to regenerate the docks area and improving transport connections across the Thames could provide a significant boost to future strategies.

Mayor Sir Robin Wales said: "In the Royal Docks we have an area of undeveloped industrial land the size of Venice. Global 'blue chip' company Siemens has already made the decision to invest in the Royals. We must do all we can to encourage other companies to help us grow new jobs for a prosperous future for our borough.

"It is also essential that we attract leisure and hospitality investment to ensure an exciting new environment with the right mix of things to do away from work, not just for the new arrivals but for our residents and current workers as well."

**The Royal Docks cable car project is still in the early stages of development. You can have your say now until Monday 2 August by visiting [www.tfl.gov.uk/cablecar](http://www.tfl.gov.uk/cablecar) or by calling 020 7126 3911.**







# thenewhammag

To advertise here call Julie Madell  
on 07890 529 090 or email  
[julie.madell@newham.gov.uk](mailto:julie.madell@newham.gov.uk)



## Explore

### Open House 2010

See what's inside the Olympic Park

- free bus tours of the Olympic Park
- free London 2012 exhibition

**Date:** 18–19 September 2010

**Booking:** 0300 2012 550, line opens Monday 16 August.

Advance booking is essential.

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ODA 2010/175



Newham London

## Free walks with Newham Striders

A great way to achieve your three days of 30 minutes activity, improve your fitness and walk with friends.

The Striders and Ramblers offer nine individual walks per week and monthly countryside rambles to suit all abilities, as well as a walk to the Olympic site. Walks vary from one to two hours and are led by qualified volunteer walk leaders.

Come and join us for a taster session at Central Park on Monday and Thursday afternoons at 2pm (meet near the Memorial, East Ham High Street, East Ham E6) or on Tuesday and Thursday afternoons at Wanstead Flats at 1.30pm (meet on the corner of Capel Road and Woodford Road, Wanstead).

For further information, or to obtain a Walks timetable or Active Living Map please contact the Sports and Activity Team on 020 8430 2000 or email [getactive@newham.gov.uk](mailto:getactive@newham.gov.uk)





# Newham back in the day



The thatched White Horse inn at the corner of Ranclyffe Road and High Street South, E6



Stratford homes in 1800



Map showing East Ham and West Ham in 1745, by Roque



Map of Plaistow dated 1821, by Clayton



To celebrate our 200th birthday issue the Newham Mag is launching a series of regular history features to help you uncover the rich past on which our borough is built. From farming and manufacturing, to an integral role in the two World Wars, our borough has grown and developed over the decades to become the brilliant place it is today.

In our first feature, we take you back 200 years to the 1800s when the sari shops of Green Street would have been green fields and East Ham was a tiny village of thatched roofed houses.

### Newham in the 19th century

Two hundred years ago, what is now Newham was two separate towns located in the county of Essex.

East Ham was largely rural and known for its farming, while West Ham was gaining a reputation for its modern manufacturing industries. In the 1811 census, West Ham's population was recorded as 8,139 residents while East Ham's was tiny in comparison – only 1,386 people in total!

From 1800 to 1859 West Ham had its industrial and manufacturing boom time although work remained on a small scale. There were several mills in the area including Three Mills, City Mills and Abbey Mills. All three were located on or close to the Olympic site in Stratford and the ones at Three Mills still exist today. The mills were mainly used for grinding corn into flour and for water used by companies producing gin.

### Workhouses

The Settlement of the Poor Act of 1722, known as The Poor Law,

empowered parishes to build workhouses. In 1800, 125 West Ham residents resided in workhouses. Before the days of social security and benefits, if you were too old or feeble to work, the only option was admission to a workhouse.

Workhouse rules were strict and had to be followed. The following were noted at a meeting of the West Ham Vestry (an early form of local government):

- > That ye people be allowed half an hour at breakfast, an hour at dinner and half an hour at supper. And if any of them have not finished their duties before then, to work after supper till it be performed.
- > That they have the house swept from top to bottom every morning and washed once a week.
- > That no person go out of the gate without the Master's leave.

The Workhouse regime was often strict and the food monotonous but at least it provided occupants with a roof over their heads and three meals a day.

### Famous local figures

The enterprises in West Ham produced people of distinction in many fields. Sir John Pelly (1777-1852), governor of the famous

global fur-importer The Hudson Bay Company, lived at the Manor House, Upton Park, and was one of the largest landowners in West Ham. Pelly Road, E13, takes its name from Sir John while Gurney Road is named after Samuel Gurney (1786-1856) a banker and philanthropist. Gurney lived in West Ham Park and is commemorated by an obelisk in Stratford Broadway for his benevolent acts and work helping the poor.

Gurney's sister was the famous prison reformer, Elizabeth Fry (1780-1845) who since 2002 has appeared on the reverse of the Bank of England's £5 note (right), where she is shown reading to prisoners at Newgate prison. During her lifetime, Fry lived in Plashet House, and later at The Cedars, Portway. The pub opposite the Gurney obelisk – now the Edward VII, popularly known as the King Eddie – was originally named the King of Prussia after the monarch visited Fry at her home to hear about her reformist work. Elizabeth's daughter Katherine Fry wrote A History of the Parishes of East and West Ham and is the namesake of Katherine Road in Green Street.



For a full guide to the history of Newham check out <http://newhamstory.com> Our archives and heritage team are based at Stratford Library, E15; simply pop in to see them or call 020 3373 6881 or email [archiveslocalstudies@newham.gov.uk](mailto:archiveslocalstudies@newham.gov.uk) to get in touch. Keep an eye out for our next historical installment in a future issue of the Mag.



## KNOW A TALENTED YOUNG PERSON AGED 11 TO 19 YEARS?

Nominate a talented young person or group of young people aged 11 to 19 years now for their chance to win a Shining Through Award.

To find out more about the Awards and to nominate visit: [www.newham.gov.uk/shiningthroughawards](http://www.newham.gov.uk/shiningthroughawards) or call **020 8430 2000**

**Closing date for nominations: Friday 1st October 2010**



# Sports for all sorts

***Does walking up the stairs work you into a sweat? Is your idea of a bicep-curl raising a pint? Is the only running you've ever done for the bus? If this sounds familiar to you, and you want to do something about it, sign up to become one of our faces of fitness.***

To mark two years until the London 2012 Olympic and Paralympics Games, we've linked up with our sports and activities team to launch the Newham Run for Glory campaign. We're looking for our faces of fitness, residents like you, to try out one of the range of adult sport activities offered by the council and report back to our readers.

You could be a new mum or dad who wants to get back into shape, a single person whose life's been taken over by takeaways, a middle-aged or older

person who wants to get fit to improve a health condition or just a lazy bones of any age who needs some motivation to get into shape.

Our faces of fitness will attend one of our adult sports sessions which vary from circuit training to running, cycling to the gym. After the activity you'll give readers a taste of what each session involves by reporting back in the Mag. As one of our faces of fitness you'll hopefully inspire others to get off their backsides, meaning you'll be a 2012 Olympic legacy inspiration.

And what's the ultimate goal and motivation for working up all this sweat? To inspire you to take up the challenge and enter the Newham London Run, March 2011.

## **Iced buns or buns of steel?**

To take part you must be aged over 18, not currently a fitness fanatic, and willing to be photographed and share your reasons for wanting to get fit in the Mag. Email [getactive@newham.gov.uk](mailto:getactive@newham.gov.uk) or call **020 8430 2000** and ask for the sports and activities team to sign up today.





# Bright nights ahead

## Under the Stars returns

After all the excitement of the Mayor's Newham Show you've just got time to catch your breath and dust off your dancing shoes. **Under the Stars** – four nights of free musical magic – is returning to Central Park at the earlier date of Thursday 26 to Sunday 29 August.

Newham knows how to throw a party and this year's Under the Stars line-up promises some top acts with a bit of something for everyone.

Join thousands of revellers as they enjoy a fantastic variety of musical styles from around the world and celebrate under the night sky across the four evenings.

If you fancy shaking your hips and getting down to boogie, swaying along to some Latino rhythms or sitting back to enjoy some firework-lit classics, here's a bit of a taste of what's to come.

### Latino Live

**Thursday 26 August, 7-10.30pm**

A celebration of Latin music and dance, from salsa to rumba, you won't be able to stop your hips moving to the rhythms.

### Eastern Beats

**Friday 27 August, 7-10.30pm**

A night of the freshest Asian acts on stage, this is bound to be the liveliest way to see in the weekend.

### Back to the Boogie

**Saturday 28 August, 7-10.30pm**

The very best in live soul and funk, get your groove on and strut your stuff to a feast of classic disco floor fillers, with live sets from Heatwave, The Real Thing and Odyssey.

### Newham Summertime Proms

**Sunday 29 August, 7-10.30pm**

A very classic send-off, as the Royal Philharmonic Concert Orchestra fills the night air with music that's stood the test of time. To honour the occasion, there will be a fantastic fireworks finale too – a real feast for all the senses!

**Keep reading your Newham Mag as details of all the acts performing at Under the Stars are announced.**

### Under-Fives Children's Party

**Friday 27 August,  
12noon-3.30pm**

### Five to ten-year-olds Children's Party

**Saturday 28 August,  
12noon-3.30pm**



Central Park will also be hosting fun, free events for some of Newham's littler residents – and their parents. Join in the family festivities during the day ahead of the evening entertainment.

**FREE**





# Free garden waste collection

Just place your flowers, weeds, grass cuttings and small branches in normal black refuse sacks, then call us on **020 8430 2000** or visit **[newham.gov.uk](http://newham.gov.uk)** to book a collection.



**Play your part for  
a Cleaner, Greener  
Newham.**

# FIFTY YEARS OF YOUNG ACTING

When legendary theatre director Joan Littlewood started acting workshops for local young people at the Theatre Royal Stratford East (TRSE), little did she know that the classic film *Bronco Bullfrog* would be born. The 1970 film has recently been digitally restored and returned to the big screen. We caught up with Sam Shepherd who played Bronco for a trip down memory lane.



Sam (r) in *Bronco Bullfrog*, 1970

Sam lived a stone's throw away from the TRSE when Joan started up her improvisation workshops. According to Sam: "She saw this little group of wannabe gangsters – 12, 13, 14-year-olds and she got us involved." While taking part in the workshops, the 15 or so local lads caught the attention of a director friend of Joan's called Barney Platt-Mills. Inspired by the group, Barney decided to make a film with these am-dram actors using their life stories and backgrounds to authentically portray the East End of London.

Sam claims he wasn't that nervous about acting for the big screen saying: "We wasn't actors, we was just kids off the streets and to a certain extent it was

a big laugh for us." Shot almost entirely in Newham, *Bronco* is a snap-shot of late '60s east London, with the title based on a local semi-hero called Bronco Bullfrog, who could jump from one roof to another.

It wasn't just acting that Sam was introduced to in making the film; media, publicity and royalty soon followed after the movie's release in 1970. *Bronco* premiered at the Cameo Poly in Oxford Circus but was pulled 18 days later to make way for the royal screening of Laurence Olivier's *The Three Sisters* – an event which incensed Sam and most of Stratford's community. "We were like, 'why you done that? Don't take our film off!'"

Sam organised more than 200 local people to travel to central London to

protest that their film had been pulled. He said: "Everyone knew it was wrong. It was like 'c'mon gang. Let's go!' There was mums, there was daughters, all from this area. And it worked."

The following day, Sam's protest was headline news, though it wasn't just the media's attention that was caught by the protest. Princess Anne, who attended the Olivier premiere, was sympathetic to the protesters cause and, after Sam wrote to her, she decided to see the film for herself.

"No one expected her to say yes when I wrote to her!" exclaims Sam, "though she was wonderful. I sat next to her through the whole showing."

Sam's mum also stars in *Bronco*



Sam Shepherd today outside the  
Theatre Royal Stratford East



playing the mother of the central female character, Irene. "At one point, my mum's having a go at Irene in the film and Anne turns to me and says, 'yeah, I know someone like that,' – I think she was talking about The Queen!"

Sam now works at New Spitalfields Market in Leyton. Although his acting career was short and sweet, he learnt valuable lessons under the stewardship of greats like Joan Littlewood. "She taught me that it don't matter who you are, what you are in life, whether you talk posh, it doesn't matter. What matters is that you *try*."

## THEN AND NOW

The Theatre Royal Stratford East has continued its programmes for young people and currently runs several different routes into acting including a Youth Theatre and university and school placements. One leading programme is the Young Actors Company (YAC), a touring group that goes into schools and youth clubs as well as performing on the Theatre Royal's stage.

The company will start their tour soon and will be performing at the Theatre Royal for their final performance of *Brood* on Friday 30 July, at 3pm and 8pm. To find out more or to book your ticket call 020 8534 0310 or visit [www.stratfordeast.com](http://www.stratfordeast.com)

If you're aged 16-24 and are interested in being a member of the Young Actors Company in 2011, you can apply now. The programme is a big full-time commitment from March to July next year and is for London-based people not in university or college.

To book an interview call Jan on 020 8279 1107 or email [jsharkeydodds@stratfordeast.com](mailto:jsharkeydodds@stratfordeast.com)





# Sun, sand and smiles at the

**The sounds of the sea wafted across Central Park while children's laughter filled the air as almost 50,000 of you flocked to East Ham for this year's Mayor's Newham Show.**

Two fantastic days of free exciting entertainment delighted residents. Whether you chilled-out and basked on our sunny beach whilst children created kingdoms in the sand, or you enjoyed an ol' fashioned knees-up in the Cabaret Tent, the weekend was enjoyed by everyone who attended this unmissable event.

In true festival style, the event kicked off with a colourful carnival, where

hundreds of schoolchildren weaved their way through East Ham.

This year's highlight was undoubtedly Newham at the Seaside – a beach complete with free deck chairs, tons of sand and a paddling pool to cool down our youngest visitors. From the dizzy heights of the helter-skelter and climbing wall to the leisurely trot of the donkey rides, the Show provided a hit with young, old and everyone in-between.

Our residents are a competitive bunch – a fact that was proven at the Newham Village Fete. Residents weren't timid in testing their skills at the coconut

shy; many threw a-line and attempted to hook-a-duck while others enjoyed some heavy metal in tin can alley. Some even learnt the five-a-day message by bobbing for apples!

The borough saluted its history in the Pride of Newham area and stared into the crystal ball that was Your Place in the Future of London to learn more about the borough's regeneration plans. The event was a chance to also admire the improvements to Central Park.

*Turn to page 33 for a unique review of the event by Karim Arum, 8.*



(Anti-clockwise from top) A ray of sunshine at the carnival; They came, they saw: trying out the trim trail in Central Park; Sun, sand and seagulls on Newham at the Beach





# The Mayor's Newham Show



(Clockwise from left) Packing a Punch (and Judy) in the Edwardian Garden; Smiles galore, two residents captured by the festival feeling; In for a penny: riding high on the Penny Farthing; A brush with fun at one of the many craft areas







(Clockwise from top right) This means war! Giving it their all at the Tug O War; Digging deep at the beach; A face in the crowd: some of the thousands that came to the show; Heavy metal galore at Tin Can Alley in the Newham Village Fete; African beats hit the main stage





**(L-r) This visitor's in a spin; Proud of our history, standing tall in the Newham Heritage area**



"We've been before but this is the best Show yet. We've had a great time. I feel for the people that didn't make it; they missed out!" Grace, Zainab, Rania; Canning Town



"We heard about the Show and wanted to see what it was all about. It's our first time here and we think it's fantastic; it really brings the community together." Kuldeep, Gia, Gurdeep; Plaistow



"The Show usually coincides with my birthday but not this year! I've brought my friend's children along. They're having an amazing time and don't want to leave!" Arnos, Lina, Gabriele, Arnos, Beckton





Although he's never had a formal exhibition, Andrew, who lives in East Ham, has his pictures on display every fortnight in the Newham Mag. His images of the borough show Newham in a light which is often overlooked.

Andrew remembers being intrigued by the pictures he saw printed in the newspapers he used to deliver on his summer paper round. Seeing the graphic images of the plane crash which took the life of Grand Prix car driver Graham Hill shocked, amazed and inspired an interest which has provided his bread and butter for the past 15 years. Since then, as well as the Newham Mag, his photographs have

graced countless media, with his portraiture catching the eye of the National Gallery, who hold a picture he took of veteran actor and Theatre Royal archivist Murray Melvin.

Andrew's career unofficially began when he brought his first proper camera – a Canon EOS 600 SLR. He recalls: "I thought, 'I'm gonna try my best'. I had no formal training but loved taking pictures." He admits that there's nothing worse than photographing something you're not interested in so he indulged his passion for motor racing by offering to follow his local team.

**What was your first commissioned job?**  
Through my racing work I got chatting to

a professional photographer for Motoring News. I explained that I was following a team and he told me to send in some shots as they were looking for a freelance photographer. I did and they asked me to cover a Formula 3 race. I was handed a box with 20 rolls of 36 exposure film; it was more than I'd ever imagined. From that job, eight of my pictures were published.

**When did photography stop being a hobby and become a vocation?**

I was working in an office when I saw a job for a press and PR photographer. I thought I could take pictures, but when I got the job it was tougher than I'd thought. I didn't





Being a photographer has always been Andrew Baker's destiny. When his mum and nan flew home from a trip to Oz they lost all their luggage, except the gift they'd brought back for teenage Andrew – a Kodak 126 Instamatic camera. Here's a snap-shot into the working life of Newham's most familiar local photographer.

understand composition or how to interact with people. It was awful. There I was doing a job I'd always wanted to do and I couldn't produce the goods.

I told myself, if it's not meant to be, it's not meant to be. Give yourself two years and at least you can say you've tried; if you give something your best there is no complaint.

I began studying the broadsheet newspapers and thinking about how I could apply those nice art images to everyday photography.

I started taking 30 pictures of what the client wanted and six in my own style; before long this changed from six standard pictures to 30 in my own

style. I'd built up my confidence in taking pictures in the way I wanted, whilst also meeting the client's brief.

#### How do you get the best from people you photograph?

Most people would rather have their teeth pulled than have their picture taken! I'm always concise, and sure of what I want out of the picture – if I'm confident it puts them at ease. Taking an interest in them takes their mind off what I'm doing.

#### What are some of your key memorable moments?

That's really difficult to answer. Newham

always throws up something. There's so much going on. In the ten years I've lived here it never fails to surprise me. Viewing it, living it or taking it, it's a very rich place.

I've been in some very fortunate situations. I've photographed Nelson Mandela, Michael Caine, Desmond Tutu, The Queen – more than twice – and numerous prime ministers. Also, equally as important as these VIPs is the portrait of the average Mrs Miggins – as well as the pictures I take of my daughter Harriett. Personally, bumping into fellow Newham photographer David Bailey on my 40th birthday and having a chat about East Ham was pretty cool.

# The hard cell

Intense pain, severe anaemia and damage to joints are some of the side effects endured by people with sickle cell anaemia. This life threatening disease affects around 15,000 people in the UK and currently has no cure.

Sickle cell anaemia is a genetic blood disorder where red blood cells, which carry oxygen around the body, develop abnormally causing breathlessness or severe pain. According to Sekayi Tangayi, manager of the Sickle Cell and Thalassaemia Service in High Street South, E6, the condition affects people in two ways: being a carrier (known as having 'traits'), and being an actual sufferer of sickle cell anaemia.

Sekayi explains: "If you're a carrier of sickle cell you will have inherited it from one of your parents and will not have any ill health or develop major illness. The condition becomes serious when a child inherits the illness from both parents and

means they will require life long treatment for their condition."

People of African, Caribbean, Asian, Middle-Eastern and Mediterranean origin have a greater risk of inheriting the sickle cell disorder. But how do you know if you're a carrier? If one of your parents is a carrier, there is a chance that you will have the 'trait' too. However, the most effective way to find out is through screening – most importantly if you and your partner are considering starting a family.

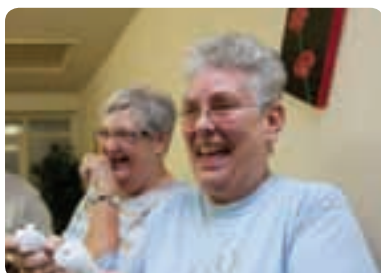
Sekayi said: "NHS Newham offers screening programmes and counselling for carrier couples - both pre-and post-conception if they are planning on having a baby.

"For sufferers there is medicine available to manage some of the symptoms and sometimes stem cell and bone marrow transplants are considered – especially for children. In very serious cases blood transfusions may be required."

NHS Newham's Sickle Cell and Thalassaemia Service is a specialist nurse-led service. It provides high quality, accessible nursing care at home, as well as social care and counselling based on up-to-date research, all tailored to the individual.

**If you have a question  
about the sickle cell disorder  
speak to your GP or email  
[sickleandthal@newhampct.nhs.uk](mailto:sickleandthal@newhampct.nhs.uk)**





# Newham Summer Active Centres

Aged 50 or over? Come along for free activities and entertainment.

**Go along to a Summer Active Centre near you and enjoy FREE entertainment:**

- Trim Trails **NEW**
- Disco dancing **NEW**
- Themed coffee mornings **NEW**
- Down Our Street **NEW**
- Dinner evenings **NEW**
- Singing **NEW**
- New Age Kurling
- Free swims (60+)
- Free swimming lessons (50+)
- Wii league
- BIG bingo!
- Health checks
- Planting and growing
- Afternoon tea and bowls
- Refreshments
- And lots more!

Available to Newham residents only.  
For further information please call **020 3373 0625** or visit **www.newham.gov.uk**

## Ascension Centre

Baxter Road  
Custom House E16 2PB  
020 7511 1232  
Tuesdays and Thursdays  
10.30am - 1.30pm

## Beckton Community Centre

14 East Ham Manor Way  
Beckton E6 5NG  
020 7511 1214  
Mondays 10am - 4.30pm  
Tuesdays 10.30am - 3pm  
Wednesdays and Thursdays  
10am - 3.30pm  
Fridays 10 - 11am

## Bryant Street Methodist Church

Bryant Street  
Stratford E15 4RU  
020 8534 0085  
Tuesdays 10am - 3pm

## Chandos Community Centre

Colegrave Road  
Stratford E15 1DZ  
020 8534 0140  
Mondays 11am - 2pm

## Chatsworth Community Resource Centre

4 Chatsworth Road  
Stratford E15 1RE  
020 8555 4477  
Wednesdays 12noon - 3pm  
Drop-in café available weekdays  
10am - 3pm

## Community Road Centre

Community Road  
Stratford E15 1JT  
020 8534 0664  
Wednesdays 12noon - 4pm

## Cundy Community Centre

Hartington Road  
Custom House E16 3NP  
020 7474 6056  
Mondays 12noon - 3.30pm  
Tuesdays - Thursdays 1 - 3pm  
Sundays 7 - 10.30pm

## Field Community Centre

147 Station Road  
Forest Gate E7 OAE  
020 8536 2800  
Tuesdays 10.30am - 4.30pm  
Wednesdays 12noon - 4pm  
Thursdays 12.30 - 1.30pm  
Fridays 10.30 - 11.15am

## Granwell Community Centre

97 Whitwell Road  
Plaistow E13 8DA  
020 7474 5930  
Thursdays 12.30 - 3pm

## Grassroots

Memorial Park  
West Ham E15 3DB  
020 7474 6376  
Tuesdays 9.30am - 12noon

## Hathaway Community Centre

Hathaway Crescent  
Manor Park E12 6LR  
020 8548 4980  
Thursdays 11.30am - 3pm

## Hibiscus Community Centre

Buckingham Road  
Stratford E15 1SP  
020 8519 6159  
Mondays 2 - 3pm  
Tuesdays and Thursdays  
11am - 3.30pm

## Hoskins Community Centre

108 Hoskins Close  
Canning Town E16 3RU  
020 7511 1214  
Mondays 12.30 - 2.30pm

## Jack Cornwell Centre

Jack Cornwell Street  
Manor Park E12 5NN  
020 8553 3459  
Wednesdays 10am - 1pm

## Jeyes Community Centre

James Close  
Plaistow E13 9BB  
020 8471 5856 or  
020 8548 9825  
Mondays 12noon - 4pm  
Tuesdays 12.30 - 4.30pm  
Wednesdays 1.30 - 5pm

## Katherine Road Community Centre

254 Katherine Road  
Forest Gate E7 8PN  
020 8548 9825  
Mondays 2 - 5pm  
Tuesdays 12.30 - 4pm  
Thursdays 9.30am - 4pm

## London Tamil Sangam

369 High Street  
Manor Park E12 6PG  
020 8471 7672  
Tuesdays and Wednesdays  
11am - 3pm

## Malayalee Association of UK

671 Romford Road  
Manor Park E12 5AD  
020 8553 4667  
Tuesdays 1 - 4pm  
Thursdays 10am - 3pm

## Newham African Caribbean Resource Centre

627-633 Barking Road  
Plaistow E13 9EZ  
020 8471 2258  
Wednesdays and Thursdays  
10am - 3pm

## Plaistow Park Community Centre

63 Queens Road West  
Plaistow E13 OPE  
020 8552 1334  
Tuesdays 1 - 4pm

## Rokeby Centre

63 Rokeby Street  
Stratford E15 3NS  
020 8555 3125  
Wednesdays 9.30 - 11.30am  
Fridays 1 - 3pm

## Sree Naryana Guru Mission

16 Barking Road  
East Ham E6 3BP  
020 8471 0720  
Mondays and Tuesdays  
10.30am - 2pm

## St John's Community Centre

Albert Road  
North Woolwich E16 2JB  
020 7476 1666  
Tuesdays 10am - 12noon  
Thursdays and Fridays 1 - 3pm

## St Pauls Church Centre

227 Burges Road  
East Ham E6 2EU  
020 8472 5531  
Mondays 10am - 12noon

## The Hub

123 Star Lane  
Canning Town E16 4PZ  
020 7473 5249  
Thursdays 1 - 4pm

## The Well Community Centre

49 Vicarage Lane  
East Ham E6 6DQ  
020 8586 7070  
Tuesdays and Wednesdays  
10am - 3pm

## Trinity Community Centre

Bothwell Close  
Canning Town E16 1QS  
020 7476 5120  
Mondays, Wednesdays, Fridays  
9.30am - 1pm

## Trinity Community Centre

East Avenue  
Manor Park E12 6SG  
020 8472 8947  
Tuesdays 1.30 - 3.30pm  
Wednesdays 1 - 3pm

## Upton Centre

Claude Road  
Plaistow E13 OQB  
020 8552 8647  
Wednesdays, Thursdays and Fridays  
11am - 2pm

## Woodman Community Centre

Woodman Street  
North Woolwich  
E16 2NF  
020 7511 1214  
Wednesdays 2 - 4pm

## New this year

### Abbey Gardens

Bakers Row  
Stratford E15 3NF  
Tuesdays 10am - 12.30pm  
From 11 May - 30 September

### Park Community Centre

Dormer Close  
Stratford E15 4LQ  
020 8536 2800  
Thursdays 10am - 2pm  
From 27 May

Got something to  
shout about? Email your  
ideas to [@newham.mag](mailto:newham.mag)  
[@newham.gov.uk](mailto:@newham.gov.uk)

# YOUR SPACE

where young people take control

## STAYING SAFE ON THE ROADS

**Bernard Kibathi, Kevin Wambugu and Elsa Macharia are about to launch a road safety awareness campaign after two of their friends died in a traffic accident in Forest Gate.**

"It was the early hours of Saturday 25 July, 2009. The day our dear friends, Perpetua and Michelle had their lives taken away in a road traffic accident. A fun night out turned into a nightmare within seconds as a result of drink driving. The driver of the vehicle they were travelling in had been drinking and as a result lost control of the car and crashed into the side of a house on Ash Road, Forest Gate.

"People think that accidents like these will never happen to them, as did Perpetua and Michelle.

**"A fun night out turned into a nightmare within seconds as a result of drink driving."**

"We, with the family and other friends of Perpetua and Michelle, have founded the Perpetua Wendy Muchemi Organization and are launching a road safety campaign to help put a stop to tragic accidents like these.

"The main aim of our campaign is to raise awareness, especially in younger people, about the dangers of the road and also to educate them in protecting themselves from ending up in a road accident.

"As well as promoting road safety, the Perpetua Wendy Muchemi Organization is working together with local authorities; other organisations who have the same aim; and also friends and families of those affected by similar accidents to show how we can all stay safe on the road.

"On the day when we launch the campaign, there will also be a memorial service where tributes will be paid to all those loved ones killed in road traffic accidents."

**The memorial service and launch of the Perpetua Wendy Muchemi Organization's campaign is open to everyone on Saturday 7 August at 6pm, St Albans Church of England, 1 Whitehorse Lane, South Norwood, SE25 6RD.**  
For more information call Kevin Wambugu on 07946 407 417.



(l-r) Kevin Wambugu,  
Elsa Macharia and  
Bernard Kibathi  
remember lost friends



# NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090

## LOOK AFTER YOUR DIABETES THIS RAMADAN



**WILL YOU BE FASTING THIS RAMADAN?  
DO YOU HAVE DIABETES AND LIVE IN NEWHAM?  
IF SO – THEN THIS IS FOR YOU!**

Shrewsbury Road Diabetes Clinic will be hosting **special Ramadan Diabetic Educational Sessions** to assist those Muslims with diabetes in the Newham area that wish to fast. These sessions are to learn how to fast safely. ENTRY is FREE.

**The sessions will be held on THURSDAY EVENINGS starting at 5PM and will finish by 7PM**

**THE PLACE: THE TEA BAR  
SHREWSBURY ROAD HEALTH CENTRE  
FOREST GATE  
LONDON E7**

**THE DATES before Ramadan: 29<sup>TH</sup> JULY and 5<sup>TH</sup> AUGUST  
THE DATES during Ramadan: 12<sup>TH</sup> AUGUST, 19<sup>TH</sup> AUGUST & 26<sup>TH</sup> AUGUST**

For more information contact the diabetes helpdesk on 0208 586 5240 or email samiha.paulikova@nhs.net

TRIBAL

## create brighter futures early years professional status



Having a highly skilled workforce is vital to early years childcare. Early Years Professionals (EYPs) will be key in raising the quality of early years provision. The aim is to have an EYP in every full daycare setting by 2015.

If you're a graduate working in early years and looking to further your career, training towards EYPS could be the right move for you. EYPS acknowledges excellence in early years practice, and equips you with the skills to improve practice within your setting, as well as to support and inspire those around you.

We're working in partnership with Newham College of Further Education to offer EYPS training in your area. There are still places available on our part-time pathways this September, so get in touch to find out if you're eligible to apply.

To find out more, come along to your local information event. All are welcome, so if you'd like to attend, please email [eyps@tribalgroup.com](mailto:eyps@tribalgroup.com).

**Wednesday 28 July (10-11am or 2-3pm)**

Newham College of Further Education (East Ham Campus), High Street South, E6 6ER

For further information, call us on 0117 983 8800 or visit our website [www.eypsattribal.co.uk](http://www.eypsattribal.co.uk)

## HAJRA'S HAIR AND BEAUTY SALON 'Ladies Only'

Specialist in threading, waxing, facials, nails, bridal make up and hair  
Special offers inside or make your appointment now on 020 8470 7876.

Open Monday-Saturday 10.30am-7.00pm  
129, High Street South, East Ham E6 3PA



## BONNYDOWNS Summer in the City

26th July - 12th August '10

**Dance**

**Sports**

**Games**

**Arts & Crafts**

**Friday Trips**

**Water Zorbing**

**Electric Go-Karts**

**Manicures**

Bonny Downs Community Association are running their very popular holiday scheme for children aged 8-14 years.

**Venue:** Vicarage Primary School, Entrance opposite postal sorting office in Vicarage Lane, East Ham E6 6AD  
**Cost:** £5 per child per day or £18 per week (Mon - Thurs)

If your family would benefit from a subsidised place please speak to Sarah or Angie before the scheme

For booking and registration enquiries, please call **Angie or Sarah** on **0208 586 6868**

Please return this form to - The Well Community Centre, 49 Vicarage Lane, East Ham, London E6 6DQ

Newham London



BDCA Charity No. 1071625 | [www.bonnydowns.org](http://www.bonnydowns.org)



**Do you want to make a difference?**  
**Well you can!**  
Help us to help you and help support a vulnerable family in the process!

**HOME-START NEWHAM SUPPORTING YOUNG FAMILIES  
WITH CHILDREN UNDER 5 YEARS**

**AS ONE OF OUR VOLUNTEERS, WE CAN OFFER YOU:**

- A TEN DAY TRAINING COURSE
- ON GOING TRAINING ON A WIDE RANGE OF TOPICS
- LOTS OF EXPERIENCE OF WORKING WITH FAMILIES
- OUT OF POCKET TRAVEL EXPENSES
- A CERTIFICATE OF ACHIEVEMENT AFTER WORKING WITH A FAMILY

We are NOW recruiting for the next Home-Start Volunteer Preparation Training Course which will start September 2010

**FOR AN INFORMATION PACK:** Phone: 020 8470 2600  
Or Email: [hsnewham@aol.com](mailto:hsnewham@aol.com)

If you know of a family who has a child who is under five years of age and would benefit from the support of a Home-Start volunteer please contact Home-Start on the above details to request a referral form.



# NEWHAM Your

## Get your activity noticed for free!

If you're planning an event or are running an activity in Newham you can advertise it for free. The What's On calendar on [www.newham.gov.uk](http://www.newham.gov.uk) promotes all events, clubs and activities happening in the borough across every category you can think of; from gardening to plays, storytelling to adult yoga.

To add your event or activity, simply log-on to the council's website and click the What's On link at the top. Follow the instructions to create your own account and then you're ready to go. You can add, edit, amend and upload as many events as you like and it's all completely free. Visit [www.newham.gov.uk](http://www.newham.gov.uk) today and get yourself noticed.

## Give blood and save a life

In the summer months it's even more important that people give blood as stockpiles dip and demand increases. There are two blood donation sessions taking place in Newham this summer:

**Monday 2 August, 2-4pm and 5-7.30pm at West Ham United Hotel, Green Street, E13**

**Monday 9 August, 2-4pm and 5-7.45pm at The Beckton Globe, 1 Kingsford Way, E6.**

Book in advance by calling the Donor Line on 0300 123 23 23 or visit [www.blood.co.uk](http://www.blood.co.uk) and do something amazing.



## APPLY FOR UP TO **£5,000** TO FUND YOUR HEALTH PROJECT OR EVENT

The Flexible Fund scheme provides money for Newham based community or voluntary organisations who are running projects to improve the health and wellbeing of residents. NHS Newham is offering funding for one-off or time-limited projects that tackle issues where local knowledge and contacts with the local community is really important in getting the health message across.

Last year, the Flexible Fund gave money to a variety of projects including support groups for people who have suffered a stroke; diabetes information sessions targeted at the Somali community; and Community Links' Walk Your Dad to School project, aimed at encouraging families to walk more rather than using the car for short journeys.

**If your group would like to apply for amounts between £1,000 and £5,000 to fund your health project or event visit [www.aston-mansfield.org.uk/flexiblefund.php](http://www.aston-mansfield.org.uk/flexiblefund.php)**

**The deadline for applications is Friday 6 August and projects must finish by 31 March 2011.**





## Dementia and memory support

Alzheimer's Society Newham offers support and advice for local people affected by dementia or concerned about their memory.

### **NEW free befriending service**

The befriending service aims to help people with dementia lead more active lives. It provides one-to-one support and companionship to people with early stage dementia, helping them to take part in social and recreational activities.

These Befrienders can help significantly improve well-being and reduce the isolation often experienced by people with dementia.

If you know someone who could benefit from this service call Sue Grant on 020 8533 0091.

### **Memory Lane Café**

The drop-in Memory Lane Café is held monthly at The Well Community Centre, 49 Vicarage Lane, E6 on the last Thursday of the month.

The café is an informal meeting place for people with, or concerns about, dementia; as well as carers and health and social care workers. Come share ideas and experiences, receive support, relax in a welcoming place and enjoy good food.

Refreshments at the café are free, lunch is £2. To find out more call Karen Truman on 020 8271 1318.

### **Memory groups for people with mild memory problems**

Held in partnership with the Newham Diagnostic Memory Clinic, these free weekly groups are for



people with mild memory problems. If you are worried about your memory, talk to your GP who may refer you to The Memory Clinic.

If you would like more information about Alzheimer services in Newham call 020 8271 1318 or email [newham@alzheimers.org.uk](mailto:newham@alzheimers.org.uk)

You can also contact the Alzheimer's Society national helpline on 0845 3000 336 or visit [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## Police get thrashed on court

A group of under-21s recently went head-to-head with the police who invited them to court – a basketball court! – for the third annual Carry a Basketball Not a Blade tournament at Newham Leisure Centre, E13.

England's under-20s basketball team came along to support more than 150 young people, including teams from Rokeby, Forest Gate, Eastlea and Royal Docks schools and NASSA (Newham All Stars Sports Academy), who battled it out for the chance to take on the Metropolitan Police basketball team.

After fierce competition, NASSA made it to the final and in true sportsmanship fashion helped the Met by loaning them one of their stronger players! Despite the coppers' efforts NASSA won with a solid 57-32 victory. All teams were presented with trophies and medals by the Met and players received goodie bags from NASSA.



## Create a work of Olympic art

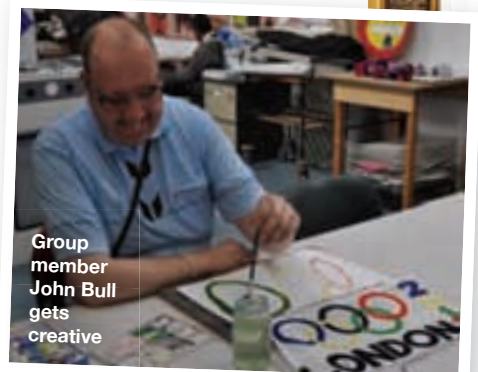
Nimble-fingered residents with an eye for embroidery invite you to share your haberdashery skills with them as they attempt to create a patchwork masterpiece.

The East End Hamlets, based in Manor Park's Greenhill Centre, successfully applied for a council Go For It grant to run a series of art workshops. The group, which is made up of residents with learning difficulties, are now hoping that many hands will help them create a patchwork quilt to promote the London 2012 Paralympic Games.

The workshops are open to everyone, from people who can't thread a needle to those who can create tapestries.

Workshops take place on the following Tuesdays: 3, 10, 17 and 24 August, from 10am-1pm, at Old Town Hall Stratford, 29 Broadway, E15.

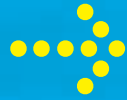
Book your place by emailing [mtfernandes777@uwclub.net](mailto:mtfernandes777@uwclub.net)



Group member John Bull gets creative



# Kids' Corner



PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
**KIDS' CORNER, WEST WING**  
**4TH FLOOR, NEWHAM DOCKSIDE**  
**1000 DOCKSIDE ROAD, LONDON E16 2QU**

## GALLERY



Saima Nasrin, 7



Renee Addo



Ismail Yamin, 9



Yanuja Sivarajah, 8



## Win £50 in Smyths toy shop vouchers

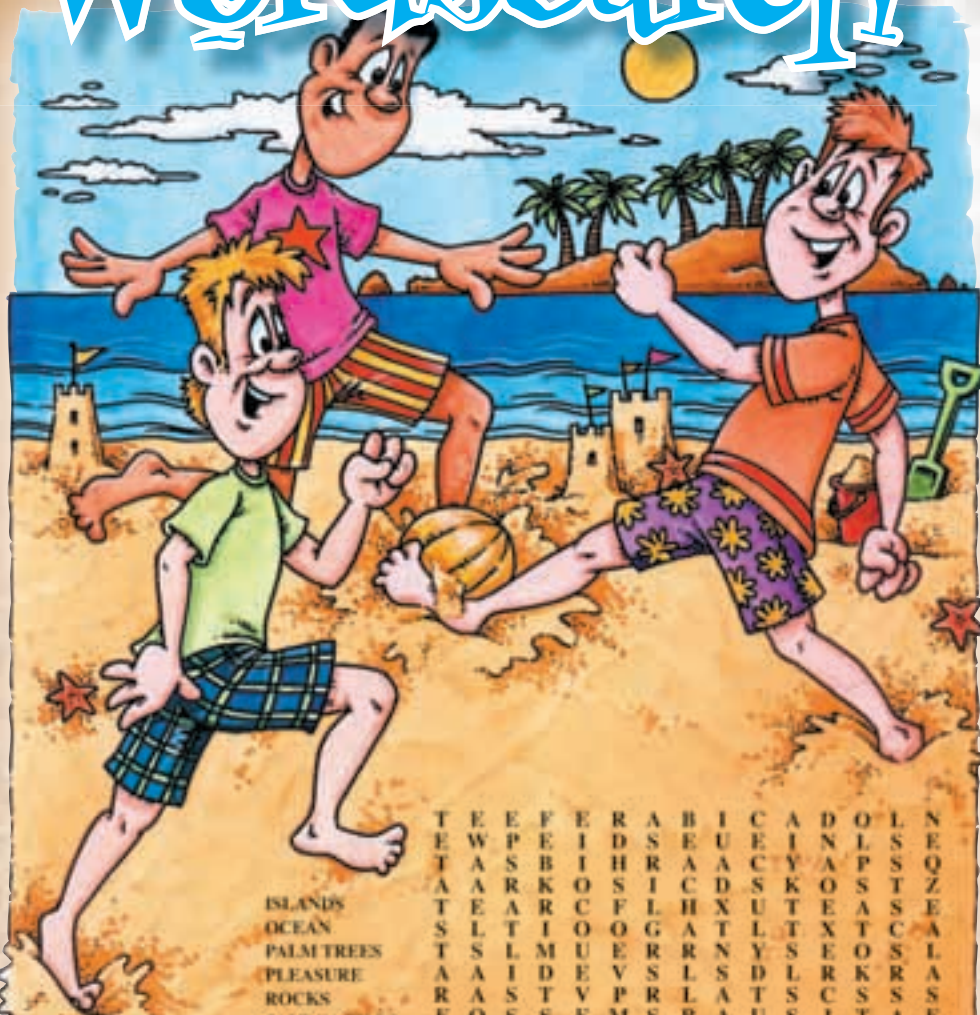
Get your pictures in now to be in with a chance of winning £50 of Smyths vouchers to spend in store at Gallions Reach, Beckton. From a trampoline to a scooter, bouncy castle to a slide, there's something for kids of all ages. The winner this issue is Ismail Yamin and the £50 voucher is on its way to him in the post. Send your pictures, jokes and poems to Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU. **Don't forget to write your name, age, address and contact daytime telephone number on the back of your entry - good luck!**

**Remember - unless you include your daytime phone number with your entry you won't be able to win the prize!**

# SMYTHS

A free 300 page  
Toy Catalogue is  
available at  
[smythstoys.com](http://smythstoys.com)

# Wordsearch



ISLANDS  
OCEAN  
PALM TREES  
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ROCKS  
SANDCASTLES  
SHORE  
SHORTS  
SPADES  
STARFISH  
STRIPES  
SUMMER  
SUNSHINE  
TACKLES  
TOPS

T	E	E	F	E	R	A	B	I	C	A	D	O	L	N
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T	A	S	B	O	S	I	C	H	X	T	E	A	S	T
A	T	E	R	K	F	L	G	A	T	N	L	S	E	R
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A	A	I	D	E	V	P	R	L	A	T	S	C	S	S
R	A	S	T	V	P	R	L	A	T	S	C	S	S	S
F	O	S	S	E	M	S	R	M	A	U	S	S	I	T
I	N	K	E	S	U	E	G	M	M	C	E	G	E	P
S	H	Y	I	A	N	O	E	H	L	A	O	L	H	E
B	T	P	E	S	C	R	N	K	F	O	T	N	B	A
H	S	A	R	G	I	C	T	F	O	I	N	S	N	U
A	N	H	O	T	U	E	N	I	H	S	N	U	S	I
S	M	R	H	S	O	R	D	A	E	L	C	W	R	E
D	I	R	S	A	N	D	E	A	S	T	F	U	Y	S
A	T	A	I	S	E	P	I	R	T	S	F	U	Y	S

## Poem

### Mayor's Newham Show

Mayor's Newham Show  
Two days in a row  
I love to go  
You can have all the fun, you know!

It has all the food you like  
With people speaking on the mike.  
I have a nice time playing  
Instead of sitting down and laying.

It has even got a beach  
In the park within our reach.  
Keep playing in the sand  
If you want to be tanned.

Watch the rock star  
And look how he plays guitar.  
Some tents - to dance and sing  
they teach  
There are no rules to breach.

This comes once in a year  
It is now here.  
This is the best weekend ever  
I will forget it never.

**By Karim Arum, 8.**





# WHAT'S ON?

**FIVE PAGES  
OF ACTIVITIES  
MOSTLY FREE,  
ALL FUN!**

To view hundreds of events, or to add your own,  
log on to [www.newham.gov.uk/whatson](http://www.newham.gov.uk/whatson)

**23 JUL – 6 AUG**

## TRY SOMETHING NEW... TAKE A SWING AT ROUNDERS

Relive your schools days or create memories you never had with free rounders sessions for residents aged over 16.

The weekly activity takes place at West Ham Park, Linden Gate entrance, E7. You don't need to have any prior experience of the game but must be willing to work within a team.

The free sessions, in partnership with Rounders England, take place from 7-8.30pm every Tuesday until 31 August.

A mixed tournament will place on Saturday 7 August, from 12pm-4pm, also at West Ham Park.

To take part, you need to be a team of nine (minimum of one male and a maximum of five males per team). All abilities welcome. The tournament is free but you must register by Thursday 5 August.

For more information call 020 3373 0664 or email [getactive@newham.gov.uk](mailto:getactive@newham.gov.uk)



### ALL LIBRARY LISTINGS

See Library Contacts for venue details.

#### UNDER-5s GROUPS

All open to under-5s with their parents/carers.

**Storytelling**  
**Beckton Globe** Friday 10-11am  
**Canning Town** Monday 10.30-11.30am  
**Custom House** Tuesday 10.15-11.15am  
**East Ham** Wednesday 2-3pm  
**The Gate** Friday 11am-12noon  
**Green Street** Thursday 10.30-11.30am  
**Manor Park** Thursday 10.30-11.30am  
**North Woolwich** Thursday 2-3pm  
**Plaistow** Tuesday 11am-12noon  
**Stratford** Tuesday 11am-12noon and Friday 2-3pm  
**Crafts Club**  
**Manor Park** Tuesday 10.30-11.30am  
**Toy Library**  
**Beckton Globe** Monday 10am-12noon and Thursday 1-3pm  
**East Ham** Tuesday 10am-12noon and Thursday 10am-12noon  
**Imaginative Play**  
**East Ham** Friday 10.30-11.30am

#### ADULT READING

**Adult Reading Group**  
**The Gate** Tuesday 3 August 6.30-7.30pm  
**Plaistow** Thursday 5 August 6.45-7.45pm

### Over 50s Reading Group

**Beckton Globe** Tuesday 3 August 9.45-11.45am

#### OTHER GROUPS

### Over 50s Club

**Beckton Globe** Tuesday 9.45-11.45am  
**Click-On** – computer sessions for over 50s  
**East Ham** Friday 10am-12noon and 2-4pm  
**Plaistow** Friday 10am-12noon and 2-4pm  
**ICT Surgeries**  
**East Ham** Friday 4-5pm  
**The Gate** Thursday 10am-12noon  
**Manor Park** Thursday 2-4pm  
**Writers' Group**  
**The Gate** Tuesday 27 July 5.45-7.45pm  
**Knit & Natter** – craft group for men and women of all ages and abilities  
**Beckton Globe** Wednesday 10am-12noon  
**Canning Town** Friday 10am-12noon  
**Movie Night** – Free showing of Star Trek (cert.15) starring Chris Pine as James T Kirk.  
**Stratford** Thursday 5 August 6-8pm (prompt start)

#### YOUNG PEOPLE

**Reading Help Sessions** – For young people aged four to 12. School summer break only.  
**Beckton Globe** Tuesday 4-5pm  
**Canning Town** Thursday 4-5pm  
**Custom House** Saturday 10-11am



**East Ham** Monday 4-5pm  
**The Gate** Thursday 4-5pm  
**Green Street** Tuesday 4-5pm  
**Manor Park**  
 Saturday 10-11am  
**North Woolwich**  
 Thursday 3.30-4.30pm  
**Plaistow** Thursday 4-5pm  
**Stratford** Monday 4-5pm  
**Games Clubs** – Sony PS2 (PS3 at East Ham) and Nintendo Wii games, board games and many more free activities for ages eight to 13.  
**Canning Town**  
 Monday 3.30-5.30pm  
**Custom House**  
 Tuesday 3.30-5.30pm  
**East Ham**  
 Tuesday 3.30-5.30pm  
**Manor Park**  
 Monday 3.30-5.30pm  
**Space Hop Craft Sessions**  
 – For young people aged four to 12. School summer break only.  
**Beckton Globe**  
 Wednesday 4-5pm  
**Canning Town**  
 Tuesday 4-5pm  
**Custom House**  
 Monday 4-5pm  
**East Ham** Wednesday 4-5pm  
**The Gate** Saturday 4-5pm  
**Green Street** Friday 4-5pm  
**Manor Park** Monday 4-5pm  
**North Woolwich**  
 Friday 3.30-4.30pm  
**Plaistow** Saturday 4-5pm  
**Stratford** Wednesday 4-5pm  
**Games Clubs** – Sony PS2 (PS3 at East Ham) and Nintendo Wii games, board games and many more free activities for ages eight to 13.  
**Canning Town**  
 Monday 3.30-5.30pm

**Custom House**  
 Tuesday 3.30-5.30pm  
 Friday 10am to 5pm  
**East Ham**  
 Tuesday 3.30-5.30pm  
**Manor Park**  
 Monday 3.30-5.30pm  
 Wednesday 10am to 5pm  
**Stratford Playerz** – Free activities for 7 to 14 year olds. Play PS3, Xbox 360 and Wii consoles.  
**Stratford** Thursday 29 July 4-6pm  
**Teenage Games Club** – PS2 and Xbox games, music, board games and many more activities for ages 12-16.  
**Beckton Globe** Wednesday 3-5pm  
**Teen Xtra Evenings** – Free activities for ages 12-21.  
**The Gate** Thursday 6-8pm  
**Family Reading Group** – A chance for children aged five to 11 and their families to read and have fun together.  
**The Gate** Saturday 31 July 2.30-4pm

#### OTHER

**Space Hop** – Summer Reading Challenge launch, to take part contact your local library.  
**All Libraries** Begins Saturday 24 July  
**Extended Open Days** – During the summer school holidays, Manor Park library will be open on Wednesdays and Custom House library will be open on Fridays. Both libraries will run Games Clubs from 10am to 5pm on these days.



Football

**All Libraries** Begins  
 Wednesday 28th July

#### LIBRARY CONTACTS

**Beckton Globe** 1 Kingsford Way, E6 5JQ. 020 8430 4063  
**Canning Town** Barking Road, E16 4HQ. 020 7476 2696  
**Custom House** Prince Regent Lane, E16 3JJ. 020 7476 1565  
**East Ham** High Street South, E6 6EL. 020 8430 3647  
**The Gate** 4-20 Woodgrange Road, Forest Gate, E7 0QH. 020 8430 3838  
**Green Street** 337-341 Green Street, E13 9AR. 020 8472 4101  
**Manor Park** Romford Road, E12 5JY. 020 8430 2207  
**North Woolwich** 5 Pier Parade, E16 2LJ. 020 8430 5900  
**Plaistow** North Street, E13 9HL. 020 8472 0420  
**Stratford** 3 The Grove, E15 1EL. 020 8430 6890  
**Archives and Local Studies**  
 020 8430 6881  
**Community Outreach Services**  
 For more information call  
 020 8586 6541

#### SPORTS PROGRAMME

**Basketball**  
**Newham NSP (free)**  
 – Basketball coaching, 8-19  
 Mon, 7.30-9pm

**Little Ilford Youth Centre, E12**  
 – Basketball Competition, 8-19  
 Tues, 6-7.30pm  
**Lister School (Sports Hall), E13**  
 – 3 vs 3 league, 8-19  
 Thurs, 5-7pm  
**Forest Gate Youth Centre, E7**

**Youngbloods Basketball**  
 – Under-12s, mixed  
 Saturdays, East Ham Leisure Centre  
 1pm-3pm  
 – Under-13/14s, boys  
 Mondays, 6-8pm, St Angela's School  
 Tuesdays, 5.30-7.30pm  
 Newham Leisure Centre  
 – Under-14s, girls  
 Mondays, 4.30-6pm, St Angela's School  
 Tuesdays, 5.30-7.30pm, Newham Leisure Centre  
 – Under-15/16, boys  
 Tuesdays, 6-8pm, East Ham Leisure Centre  
 Fridays, 6-8pm, St Angela's School  
 – Under-17/18 boys  
 Tuesdays, 8-9.45pm, East Ham Leisure Centre  
 Thursdays, 7-9pm, St Bonaventure's School  
 Fridays, 6-8pm, St Angela's School  
 Each session costs £1. Contact Caroline on 07958 307 657 for more details

**Football**  
**Newham NSP (free)**



Crafts club





**Five-a-side**  
 - U14 & U18  
 Mon, 6.30-8.30pm  
 Newham Leisure Centre, E13  
 - 11-18  
 Wed, 5-8pm  
 Priory Park MUGA, E6  
 - 8-19  
 Wed, 5-6.30pm  
 Keir Hardie Park, E16  
 - Five-a-side, 8-19  
 Fri, 6-7.30pm  
 Scud Park, Tant Avenue,  
 Canning Town, E16.  
 - Mayor's Football League, U14,  
 U18,  
 Thurs, 4-6pm  
 Memorial Park  
 - Coaching and competition,  
 8-19,  
 Sun, 1-2pm  
 Winsor Park, E6  
 - Monthly tournament  
 U12, U14, U18, 10am-1pm  
 First Sat of the month  
 Plashet Park, E6

### **WHU Kickz (free)**

**Mon**  
 - U14, 4-5.30pm  
 - 15+, 5.30-7.0pm  
 West Ham Community Astro  
 Turf (Beckton)  
 - 11-18, 5-8pm  
 Forest Gate Youth Centre, E7  
**Tues**  
 - U14, 4-5.30pm  
 - 15+, 5.30-7pm  
 West Ham Community Astro  
 Turf (Beckton)  
 - 11-18, 6-9pm  
 Priory Park MUGA, E6  
**Wed**  
 - 11-18, 5-8pm  
 Priory Park MUGA, E6  
**Thurs**  
 - 11-18, 4-7pm

**Priory Park MUGA, E6**  
**Fri**  
 - U14, 4-5.30pm  
 - Girls 11+, 5.30-7pm  
 West Ham Community Astro  
 Turf (Beckton)  
 - 11-18, 5-8pm  
 Forest Gate Youth Centre, E7

### **Air Football 16+**

**Tues**  
 1-3pm, Stratford Park, E15  
**Fri**  
 3-5pm, Beckton Powerleague  
 For more info visit  
[www.airfootball.co.uk](http://www.airfootball.co.uk)

### **Ascension Football Academy**

For info call Louise on  
 07841 749 292.  
 School years R-3:  
 9.30-10.30am  
 School years 4-7:  
 10.45-11.45am  
 School years 8-11:  
 12noon-1.30pm  
 All sessions £2.50  
 King George V Park, E16

### **Football and basketball Newham All Star Sports Academy (NASSA)**

- 12-16 mixed, Mon  
 6-7.30pm,  
 - 18+, 7.30-9pm, Newham  
 Leisure Centre, E13  
 -11-16 girls, Tues,  
 4.30-6pm, Sarah Bonnell  
 School, E15  
 - Fri, 4.15-5.30pm 8-11 mixed  
 3.30-7.30pm, 12-16 mixed  
 Cumberland School, E13  
 For more information about  
 Newham All Star Sports  
 Academy (NASSA)  
 call Chris on 07932756197

or Natasha on 07985281581  
 or visit [www.nassa2012.org.uk](http://www.nassa2012.org.uk)

### **Handball (free)**

- Newham Flames, Tues  
 U15, 3.30-5pm  
 U18, 5.30-6.30pm  
 Newham Leisure Centre, E13  
 (Multi-Sports Hub)  
 Call Ari Bekker on  
 020 8430 2484

### **Multi sports (free)**

**Newham NSP**  
 - Handball, football,  
 competition  
 5-7pm, 8-19  
 Wed, Stratford Park, E12  
 - Coaching and competition  
 4-5.30pm, 8-19  
 Fri, St John's Community  
 Centre, Albert Rd, E16

### **Athletics at Newham Leisure Centre**

- Get Set Go Group, 11-16  
 Mon, 4-5.30pm, £1  
 - Met Track 10-17  
 Fri, 4.30-6pm  
 - Newham and Essex Beagles  
 Athletics Club, 10+  
 Mon and Wed, 6.30-9pm;  
 Sun, 10am-1pm  
 Email [jacqueline.ramsden1@btinternet.com](mailto:jacqueline.ramsden1@btinternet.com)

### **Cricket**

- Tapeball cricket league (free)  
 11-15, 16+, 6-9pm  
 Kingsford Astro Turf  
 - Rokeby community cricket  
 (free)  
 Wednesday 4-5pm  
 8-16

Rokeby School sports hall,  
 Pitchford Street, E15  
 Call Ben for info:  
 07971 286 254 or  
 email [chambersharry@hotmail.com](mailto:chambersharry@hotmail.com)  
 - Newham Cricket Club  
 Monday 5-7pm  
 8-16, £2 per session  
 Flanders field,  
 Napier Road, E6  
 Visit [www.newham.gov.uk](http://www.newham.gov.uk)  
 for information.

### **Boxing**

East Ham Boleyn ABC  
 10- years +; boys only  
 - Mon, Tues, Wed, 5-6pm  
 East Ham WMC, 2 Boleyn  
 Road, E6  
 Call Daniel Penny on  
 07958 124 144  
 - West Ham Boys ABC  
 9-years +; boys and girls  
 Mon, Wed, Fri, 5-6pm  
 The Black Lion, 59-61 High  
 Street, E13  
 Call Lianne Jameson on  
 020 8472 3614  
 - Peacock ABC 8-years +  
 Mon, Wed, 6-8pm  
 boys and girls  
 Caxton Street North, E16  
 Call Martin Bowers on 020  
 7511 3799  
 - Newham Boys ABC  
 6-years +; boys only  
 Mon, Wed, Fri, 6-7.45pm  
 Old Bath House  
 141 Church Street, E15  
 Call Ravinder Atwal/Joe  
 Chapman 020 8519 5983  
 - Fight For Peace 11 years  
 +; boys and girls





(Phone for session details)  
Woodman Street,  
North Woolwich, E16  
Call Marigold Ride  
on 020 7474 0054  
**Contact clubs before  
visiting**

### Free non-contact boxing

Non-contact boxing is the perfect way to increase your fitness, lose weight, build strength and learn to defend yourself.

Osmani Boxing Club is open to males aged eight to 25 Fridays, 4-6pm  
Froud Centre, 1 Toronto Avenue, E12  
For more information call 020 7247 8080 or email [healthyfutures@osmanitrust.org](mailto:healthyfutures@osmanitrust.org)

### Free sports@Ascot Hall

Football, girls and boys, eight-15yrs, Sat, 10am-12pm  
Street dance for girls, all ages, Sat, 12-1pm  
Non-contact boxing, eight-12yrs, Sat, 2-3pm  
All sessions are free, for info call 020 8430 4775  
Ascot Hall, Hermit Road, E16

### Newham Swords

Learn to fence with Olympic champions; from ages four to adult. The Hub in the grounds of Newham Leisure Centre, Prince Regent Lane, E13.  
Tuesday 6.30-9pm  
Thursday 6.30-9pm  
Friday 7.30-10pm  
Call Linda on 07956 618 898 or visit [www.newhamswords.co.uk](http://www.newhamswords.co.uk)

### Newham Striders

Free, sociable walking group that go striding in the local area seven days a week. Visit [www.newham.gov.uk](http://www.newham.gov.uk) email [paula.peatty@newham.gov.uk](mailto:paula.peatty@newham.gov.uk) or call 020 8430 2000 for more information.

### Shoujin karate club

#### Friday session

- Ages 4-6, 6-6.45 pm
- Ages 6-16, 6-7 pm
- All adults, 7pm onwards

#### Sunday Session

- Ages 4-6, 10-10.45 am
  - Ages 6-16 beginners, 10-11 am
  - Adult and Junior, 10-11.30 am
- Sessions are priced from £3.50 and take place at Newham Leisure Centre, Prince Regent Lane, E13.

For more information contact 07508070638.

### SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

#### Multi-Sports

New free Flying Wheels club for young wheelchair users aged 6-22. With an emphasis on wheelchair rugby and training from professional players, come experience different sports activities and health and fitness. Wednesday evenings, 7-9pm  
The Hartley Centre, 267 Barking Road, East Ham, E6  
Call Eda on 020 8472 0058 for more information.

Mon, Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School, E16, 4-5.30pm

#### Multi-Activities

People with Disabilities Club, Tues, Newham Leisure Centre, E13, 10.30am-12.30noon

#### Swimming for children with special needs

Tues, Newham Leisure Centre, E13, from 2.30-4pm  
Call NLC on 020 7511 4477  
Newham Otters Swimming Club, Sat, Newham Leisure Centre E13, 4.45-5.45pm  
For more information call 020 8552 3195  
The 3 Hs, Sun, Balaam Leisure Centre, E13, 12.30-2pm  
For details call Zeenat 07528 562 902



Andi osho at  
Stratford Circus

### Get fit for free

Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30-3.30pm. To book an induction you must contact Zahra Mirza on 020 7511 4477

### Goalball

First Thursday of the month at Newham Club, Brampton Manor School from 5-7pm

### B1 Football Club

Third Sunday of every month at East Ham Leisure Centre from 10am-12noon

### ARTS LISTINGS

#### Discover

##### Dinosaur Week

Monday 26 July – Sunday 1 August  
Monday 16 – Sunday 22 August  
11.30am & 2.30pm  
Listen to a reading of That's not my Dinosaur, make dinosaur sounds, go on a Story Trail safari and make a dinosaur mask.

##### Garden Party Week

Monday 2 – Sunday 8 August  
11.30am & 2.30pm  
Watch the Very Hungry Caterpillar Shadow Puppet Show, make dens in the garden, do some planting and make lovely big flowers.

##### Animal Boogie Week

Monday 9 – Sunday 15

#### August

11.30am & 2.30pm  
Boogie along as the Story Builders bring this great story Animal Boogie to life. Listen to the animals in Polka Dot Sounds and then make origami pandas, koalas, dogs and cats.

For more information visit [www.discover.org.uk](http://www.discover.org.uk) or call 020 8536 5555.

#### Rosetta Art Centre

##### Celebrity Culture & Residue of Existence

Free exhibition of photography and paintings until September at the Old Town Hall, Stratford.

#### Newham in Abstract

Free exhibition of local Newham scenes painted in abstract until October at Vicarage Lane Health Centre, Stratford.

For further details email [info@RosettaArts.org](mailto:info@RosettaArts.org)

#### Stratford Circus Afroblighty

Thursday 29 /  
Friday 30 July, 8pm  
Tickets: £7 / £5 or 2 for £10  
Andi Osho (Mock the Week) grew up in an East End Tower Block with Nigerian parents. Now she plots her complicated relationship with race, from her London childhood to the present day, encountering minstrel shows, Lenny Henry, the BNP, political correctness and America's first black President along the way.



## COMMITTEE MEETINGS

The following meetings all take place at the Newham Town Hall unless specified.

### **Joint Committee of the London 2012 Olympic and Paralympic Host Boroughs**

Friday 23 July, 9.30am  
Council Chamber, Old Town Hall, Stratford, E15

### **Crime and Disorder Scrutiny Commission**

Monday 26 July, 7pm

### **Overview and Scrutiny Committee**

Tuesday 27 July, 7pm

Meetings are subject to cancellation. Details of meetings, agendas and minutes are available on the Newham website – [www.newham.gov.uk](http://www.newham.gov.uk)

The Forward Plan, also available on the Newham website, sets out all Key Decisions to be taken over the next 4 month period. The August Edition of the Forward Plan was published on 16 July.

## MEET THE MAYOR

### **Mayor's surgeries**

Saturday 24 July, 9-10am  
- Manor Park Local Service Centre, Romford Road, 689

Romford Road, E12.  
No appointment necessary.  
Please arrive promptly at the start of the surgery.

## OTHER LISTINGS

### **Royal Docks Learning & Activities Centre (formerly St John's Community Centre)**

Creative craft

Produce beautiful items using knitting, crochet, embroidery and more; suitable for all abilities. Saturdays 12.30-2.30pm. Cost: £1

### **International dressmaking 12.30-2.30**

Learn to produce garments from your own designs, improve and learn new dressmaking skills; you need previous sewing experience. Cost: £1

Both at the centre on Albert Road, North Woolwich, E16.  
For more information call Jackie on 020 7476 9922

### **Free gardening for the over-50s**

Tuesdays, 10am-12.30pm  
Aged over-50? Got green fingers? Want to have a go at gardening? Then head down to Abbey Gardens, Bakers Row, E15 for free food growing workshops.  
Call 020 3373 0625 for more

information.

## FREE COMMUNITY EVENTS

### **Beckton Summer Festival**

Saturday 31 July  
12noon-4pm  
New Beckton Park  
Savage Gardens, E6

### **Green Street Forum Summer Festival**

Saturday 7 August  
12noon-5pm  
Priory Park  
Parr Road, E6

### **Plaistow Summer Festival**

Saturday 21 August  
12noon-4pm  
Plaistow Park  
Greengate Street, E13

### **Plashet Park Playday**

Wednesday 4 August  
12noon-4pm  
Plashet Park  
Plashet Grove, E6

For more information about the events above read your In Focus supplement. If you live in Plaistow, Beckton, Manor Park, Stratford and West Ham or Green Street, In Focus for your area should be enclosed within this issue. If you do not receive In Focus, please call 020 3373 2684.

## USEFUL NUMBERS

### **020 8430 2000**

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit [www.newham.gov.uk/yourcouncillor](http://www.newham.gov.uk/yourcouncillor)

Write to the Mayor at Newham Town Hall, Barking Road, London, E6 2RP or email [mayor@newham.gov.uk](mailto:mayor@newham.gov.uk)

For information about Community Forums freephone 0800 519 4015 or email [community.forums@newham.gov.uk](mailto:community.forums@newham.gov.uk)

For information about the 2012 Games and how it will affect Newham, visit [www.newham.gov.uk/2012Games](http://www.newham.gov.uk/2012Games)

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the Newham Mag team, call 020 8430 2000 or email [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)

## COME SALSA WITH THE ST EDMUNDS MUSIC GROUP

Join Roberto Pla and his salsa band as they play out some Latino grooves on a balmy summer's evening. For the cost of £6/ £5 concessions or £12 for a family of four you get interval wine or soft drinks and plenty of nibbles to help you unwind and feel the rhythm.

**Thursday 29 July, 8pm-till late at the St Edmunds Church and Centre, 464 Katherine Road, E7.**

For more information or to book your ticket email [audreypage22@aol.com](mailto:audreypage22@aol.com) or call 020 8471 0223.  
Tickets also available on the door.





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# SCHOOLS OUT SUMMERS IN!

Monday 2nd – Friday 6th August  
11am - 5pm Everyday

Schools out and Summer has arrived at Gallions Reach, come on down and join in with our jam packed week of activities

Monday 2nd August

## Circus Skills Workshop

Learn how to juggle, to spin plates and diablos and hone your circus skills.

Tuesday 3rd August

## Down at the Farm

Newham City Farm will be visiting us with a mixture of cute farm animals to pet and feed.

Wednesday 4th August

## Storytelling and Puppetry

Our fabulous storytellers will take your little ones into a world of fantasy and wonder. Website has details of all show times.

Thursday 5th August

## Inflatable Fun Day

Inflatable bouncy castles, bungee runs and trampolines for children to bounce around on.

Friday 6th August

## Gallions Mini Olympics!

Come and join us for a day full of sports courtesy of Leyton Orient Community Programme. Time FM will be at the centre all day, plus meet official 2012 Olympic Mascots Wenlock & Mandeville!

## Free face painting everyday

Visit our website for more details.



# GALLIONS REACH

[www.gallions-reach.co.uk](http://www.gallions-reach.co.uk)